

Applicant: Base, et al.  
Application Serial No.: Unassigned  
Filing Date: Herewith  
Docket No.: 1246-2 CIP  
Page 2

**IN THE CLAIMS**

Claims 1-31 (cancelled)

32. (Original) A format for delivering a desired nutritional package to a human host comprising:
  - (a) a firm gelled delivery vehicle comprising a gum in an amount not less than about 0.15% by weight based on the total weight of all the components of the format;
  - (b) a package of nutritional ingredients comprising at least one nutritional ingredient selected to provide a human host desired health benefits; and
  - (c) a liquid in an amount not less than about 60% by weight based on the total weight of all the components of the format;  
wherein the nutritional ingredients is interspersed and suspended in the delivery vehicle whereby a format for delivering a desired nutritional package is provided.
33. (Original) A format according to claim 32, wherein the gum is carrageenan.
34. (Original) A format according to claim 32, wherein the package of nutritional ingredients is a vitamin and mineral mix.
35. (Original) A format according to claim 35, wherein the format provides not less than 5% of daily value of each vitamin and mineral per serving.
36. (Original) A format according to claim 35, wherein the format provides approximately 10% of daily value of each vitamin and mineral per serving.

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Page 3

37. (Original) A format according to claim 35, wherein the format provides not greater than 100% of daily value of each vitamin and mineral per serving.
38. (Original) A format according to claim 32, wherein the liquid is water.
39. (Original) A format according to claim 32, wherein the format further comprises a sweetener.
40. (Original) A format according to claim 32, wherein the format further comprises a preservative.
41. (Original) A format according to claim 32, wherein the format further comprises color.
42. (Original) A format according to claim 32, wherein the format further comprises flavor.
43. (Original) A format according to claim 32, wherein the format further comprises acid.